

Harvest of the Month

NOVEMBER | CRANBERRIES

HEALTH BENEFITS

- VITAMIN C
- DIETARY FIBER
- ANTIOXIDANTS
- ANTI-AGING
- ANTI- INFLAMMATORY
- INFECTION FIGHTING
- ANTI- BACTERIAL



LIVE WELL

HEALTHY SERVING IDEAS

Read labels and be sure to choose dried cranberries that are un-sweetened. Add these to salads, trail mix, or enjoy on their own.

Frozen cranberries add a tart and refreshing taste to smoothies.

Experiment with ways to enjoy fresh cranberries: crush them and add to seltzer, add in the last few minutes of cooking oatmeal, make a savory cranberry/jalapeño salsa, or bake them with squash.

Not just for turkey, cranberry relish is a great accompaniment to any meat dish from beef to venison to pork to goose.



SHOPPING & STORAGE TIPS

Purchase cranberries from a local or Massachusetts-based grower.

Look for firm, bright red to maroon colored fruits.

Fresh cranberries should bounce—that is how growers check them after harvest.

Fresh cranberries can be stored in a plastic bag in the refrigerator for at least a month. Or, you can put into the freezer to store for use through the winter.

Choose cranberry juices, sauces and jellies with very little added sugar.

WAUKESHA COUNTY

HARVEST OF THE MONTH HIGHLIGHTS A LOCALLY AVAILABLE CROP EACH MONTH OF THE YEAR IN SCHOOL CAFETERIAS, RESTAURANTS, WORKPLACES, AND GROCERY STORES. THE PROGRAM EXPANDS ACROSS WAUKESHA, WASHINGTON & OZAUKEE COUNTIES TO HELP CHILDREN, CAREGIVERS, AND THE BROADER COMMUNITY LEARN MORE ABOUT HEALTHY, SEASONAL, WHOLE-FOODS EATING.



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CRANBERRY APPLE CRUMBLE

FRUIT BASE

- 4 Granny Smith apples, peeled and chopped into bite size pieces
- 2 cups fresh or frozen cranberries
- Zest of one orange
- 1/4 cup orange juice
- 1/4 cup maple syrup

OAT CRUMBLE

- 1 cup rolled oats
- 1/2 cup oat flour (can make yourself by blending oats in blender)
- 1/2 cup almond meal (optional)
- 1 tbl ground cinnamon
- 1 tsp vanilla extract
- 1/4 cup maple syrup
- 1/4 cup melted coconut oil
- 1/4 tsp salt



1. Grease a 9x13in baking dish and preheat oven to 350F.
2. Place the fruit base ingredients in a large sauce pan and cook over medium heat until apples have softened and cranberries have broken down, about 10 minutes. Spread base mixture in the prepared baking dish and set aside.
3. In a medium bowl mix the oats, flour, almond meal, cinnamon, and salt until combined. Add the coconut oil and maple syrup and mix until combined and crumbly.
4. Spread the crumble mixture evenly over the fruit. Bake for 30 minutes or until crumble begins to brown. Let cool for 10 minutes before serving. Serve with a scoop of vanilla ice cream and enjoy.

FOR MORE INFORMATION VISIT
WAUKESHACOUNTY.GOV/LIVEWELL



WILD RICE AND CIDER CRANBERRY PILAF

INGREDIENTS

- 3 tbsp. olive oil, divided
- 1 small cinnamon stick
- 2 large cloves garlic, 1 smashed and 1 chopped
- 2 c. wild rice blend
- 1/2 c. fresh apple cider
- Kosher salt and freshly ground black pepper
- 1/2 c. dried cranberries
- 2 onions, chopped
- 2 tbsp. white wine vinegar
- 1/4 c. chopped fresh flat-leaf parsley
- 4 scallions, chopped



1. Heat 1 tablespoon oil in a medium saucepan over medium heat. Add cinnamon and smashed garlic. Cook until fragrant, about 1 minute. Add rice and toss to coat. Add cider and 2 1/2 cups water. Season with salt and pepper. Bring to a boil; reduce heat to low, cover, and cook until rice is tender, 15 to 17 minutes, adding cranberries during the last 10 minutes of cooking.
2. Meanwhile, heat remaining 2 tablespoons oil in a large skillet over medium heat. Add onions and season with salt and pepper. Cook, stirring occasionally, until onions are tender and beginning to brown, 18 to 20 minutes. Add chopped garlic and cook, stirring, until fragrant, 1 to 2 minutes. Stir in vinegar and parsley.
3. Add scallions and onion mixture to rice and toss to combine.